



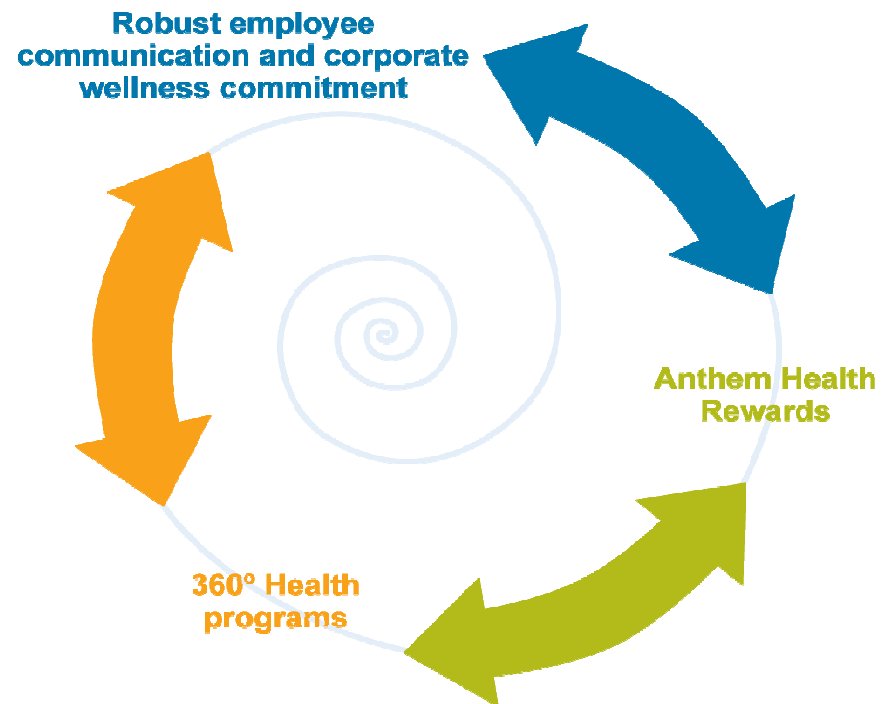
An integrated wellness solution that motivates employees toward better health.



Anthem Health Rewards State of New Hampshire



An Integrated Wellness Solution



Anthem Health Rewards is an important part of a total wellness solution. It is designed to increase health and wellness engagement for employees.

State of NH Customized Rewards Plan

Program runs on a calendar year basis and begins on January 1, 2014

Employees must complete the Health Assessment Tool (HAT) to be eligible for rewards

There will be five activities to choose from with a maximum of three able to be redeemed

Employees can earn 100 points for each completed activity

For each 100 points earned a \$100 gift card can be redeemed

Points are redeemed at anthem.com, same site employees use to complete the HAT

A maximum of three \$100 gift cards can be earned in the calendar year

Choose from Five Activities

Know Your Numbers Health Screenings

employees attend an onsite screening held at work location or submit a physician fax form on important numbers like blood pressure, body mass index and cholesterol to earn 100 points

Fitness & Nutrition Tracker

employee reports activity online, each event is worth 5 points, once 10 fitness and 10 nutrition events have been completed the employee earns 100 points

Special Campaign: Employee Health Education Program

employees who complete all 3 modules of the Employee Health Education Program earn 100 points, modules are: **Understanding Your Health, Medical Self Care, Health & Wellness 101**

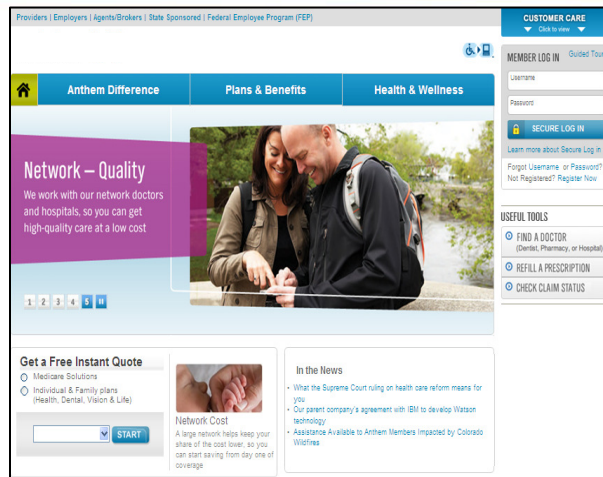
Preventive Care

employees that get an annual check up with their health care provider during the 2014 calendar year earn 100 points

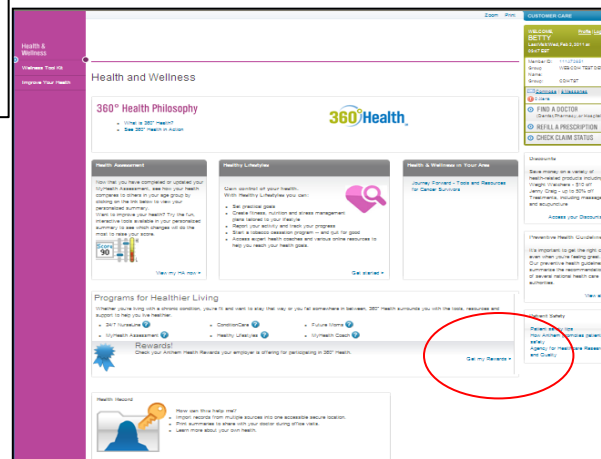
Flu Vaccine

employees that get vaccinated for the flu during the Fall of 2014 earn 100 points

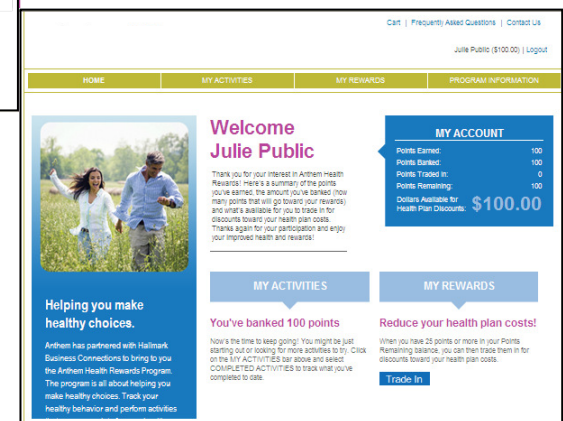
A Sample Web Experience



Member logs into anthem.com...



...selects “Get My Rewards”, and moves to the Anthem Health Rewards home page.



A Sample Web Experience – cont.



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HOME

MY ACTIVITIES

MY REWARDS

PROGRAM INFORMATION

Available Activities

Below is the list of all available activities and possible reward value for Anthem Health Rewards, and the last date you completed each activity (if this applies to you). The activities that you can report on have a link next to them. Click this link when you've completed an activity and want to report it. Please note: Depending on the rules set up for this program, you may not bank all available activity points. For example, you may only bank points for one physical activity one time per day. You'll receive an explanation any time you don't receive the full point total after you submit your activity.

Plan: **12847** ▼
Plan Start and End Dates: **1/1/2013 - 12/31/2013**
Last Date to Report Activity: **12/31/2014**

Plan Level Rules
Submit online health assessment must be completed before you can receive credit for these activities.

☐ Display all other rules below


[Collapse All](#) [Expand All](#)

Activity Groups/Activities	Activity Value	Last Completed	Report Activity
Biometric Screening			
Report Annual Tests and Exams			
Complete all screenings	25		
Completion of Blood Pressure			Report this activity
Completion of Total Cholesterol/HDL			Report this activity
Completion of Glucose			Report this activity
Completion of Body Mass Index			Report this activity
Health Assessment			
Online questionnaire			
Health assessment completion	100		
Preventive Care			
Annual Flu Shot			
Report you received a flu shot	25		Report this activity

Annual Flu Shot
Select "Report
this activity"

A Sample Web Experience – cont.

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Report Activity

Please review the activity you chose below (if you have selected the wrong activity, click on the "Choose another Activity" link to choose the correct activity). Enter the day you completed the activity and click the "Continue" button. Next, review all of your activity information, check the box saying "I confirm that I've completed this activity" and then click on the "Complete" button. You'll see the total number of points that have been banked. Depending on the rules for your program, you may not bank all of the activity points. You will receive an explanation any time you do not bank all of the points for an activity.

Plan: 12847 [change](#)
Plan Start and End Dates: 1/1/2013 - 12/31/2013
Last Date to Report Activity: 12/31/2014

Completed Activity [Choose Another Activity](#)
Activity: Flu Shot
Activity Points Value:

Completion Date
 

[Continue](#)

MY POINTS

Points Earned:	425
Points Banked:	325
Points Remaining:	0

Enter Completion Date

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Choose From A Variety of Rewards

Anthem Health Rewards lets you choose from the most popular reward types*:

- **Gift cards to leading national merchants such as the ones below or a Visa gift card**
- **It will take 30-45 days to process the redemption and receive your gift card**



Questions?